

2018 Summer Fitness & Yoga Guide

Lake Johnson Park: Thomas G. Crowder Woodland Center

Advance registration is required for all programs. Register online at reclink.raleighnc.gov

Ballroom Dance 101

Ages: 16+ Have you ever wanted to learn how to do Ballroom Dance? Come join us at Thomas G Crowder Woodland Center and learn to dance. Each class will include instruction from our dance instructors. With different styles offered, you can pick and choose what you would like to learn. \$10

Saturdays 9 - 10:15am

Waltz		Foxtrot	
#219278	May 12	#219280	May 26
#219282	June 9	#219284	June 23
#219286	July 7	#219288	July 21
#219290	Aug 4	#219292	Aug 18

Saturdays 10:30 - 11:45am

Swing		Rumba	
#219279	May 12	#219281	May 26
#219283	June 9	#219285	June 23
#219287	July 7	#219289	July 21
#219291	Aug 4	#219293	Aug 18



Lunchtime Pilates

Ages: 16+ Would you like to stand taller, stronger, more poised and confident? Come join us during your lunch hour for 45 minutes of breath and movement to stretch and strengthen the abs, back, hips and shoulders. Pilates will help lengthen and tone your whole body while minimizing stress and relaxing the body. Instructor: Alicia Hedges.

\$40 (Resident) / \$55 (Non-Resident)

Fridays 12 - 12:45pm

#220873	May 25-June 15
#220874	June 29-July 20
#220875	Aug 3-24

Tai Chi: All Levels

Ages: 18+ Tai chi is a low-impact, slow-motion exercise consisting of flowing moves to balance and circulate energy (chi). Participants of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie. *\$40 (Resident) / \$55 (Non-Resident)*

Wednesdays 10 - 11am

#220792	May 23-June 13
#220793	June 27-July 18
#220794	Aug 1-22



Chair Zumba

Ages: 18+ This energizing, seated Zumba uses cardio and strength-based exercises for persons who have limited mobility, are recovering from injuries or who have always enjoyed Zumba music but need more support to fully participate. The benefits include improved posture, endurance, balance, flexibility and cognitive awareness. The music is exhilarating, and it feels more like a party than an hour workout. Instructor: Janet Wise-Thomas. \$5

Wednesdays 11am - 12pm

May 30	#219603	July 18	#219613
June 6	#219607	July 25	#219614
June 13	#219608	Aug 1	#219615
June 20	#219609	Aug 8	#219616
June 27	#219610	Aug 15	#219617
July 4	#219611	Aug 22	#219618
July 11	#219612	Aug 29	#219619



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Thomas G. Crowder Woodland Center
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Raleigh NC, 27606
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Ljwoodlandctr@raleighnc.gov



Beginners Yoga

Ages: 18+ This class is great for beginners and those seeking to learn how to unwind the body and mind after a long day. During class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will also incorporate standing postures and balance work. Modifications for some poses will be offered so you can choose to work at the level that is appropriate for you. Certified yoga instructor: Jenny Turnage.

\$75 (Resident) / \$90 (Non-Resident)

Mondays 6:30 - 8pm

#221091 June 18 - July 23

Restorative Yoga

Ages: 18+ Slow down your evening and enjoy poses supported by props such as blankets, bolsters, straps, and eye pillows. This class will take you through a sequence of restful postures, in which you are supported by props and encouraged to find comfort and ease in your body. These restorative poses along with basic breathing techniques and gentle stretches, serve to calm the nervous system and promote relaxation and deep healing on all levels. This is a slow and still practice that focuses on passive poses to help heal the effects of chronic stress on the body, mind, and spirit. For both younger and older individuals regardless of experience or fitness level. It is an excellent practice for those recovering from illness or injury, or anyone living with chronic pain. Instructors: Jenny Turnage and Tina Stephens \$10

#221495	Monday, May 21	6:30 - 7:30pm
#221740	Monday, June 4	6:30 - 7:30pm
#221741	Sunday, June 24	6:30 - 7:30pm
#221742	Friday, July 13	6:30 - 7:30pm
#221743	Friday, July 27	6:30 - 7:30pm
#221744	Sunday, Aug 12	6:30 - 7:30pm
#221745	Monday, Aug 27	6:30 - 7:30pm

Therapeutic Renewal Yoga

Ages: 16+ Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005. \$80 (Resident) / \$95 (Non-Resident)

Tuesdays 9:30 - 11am

#219245 May 8-June 26
#219246 July 10-Aug 28

Yoga All Levels

Ages: 16-65 This class is for those seeking to unwind the body and mind after a long day. During class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed and centered.

Modifications for some poses will be offered so you can choose to work at the level appropriate for you. Previous yoga experience is recommended. Certified yoga instructor: Jenny Turnage. \$55 (Resident) / \$70 (Non-Resident)

Thursdays 6:30 - 7:30pm

#221088 June 7-July 12
#221089 July 26-Aug 30



Chair Yoga

Ages: 18+ The purpose of this class is to increase our ability to enjoy life. This class includes stretches to increase range of motion, balancing poses to strengthen muscles that support joints, and breath awareness to promote a calm mind and body. Although this is a chair yoga class, we use the chair not to sit in but as a prop, and we use the wall to support every pose so it's safe and accessible. The dynamic format of the class will increase fitness and be challenging but at a level appropriate for folks ages 50+. Instructor: Tina Stephens. \$50 (Resident) / \$65 (Non-Resident)

Tuesdays 6 - 7pm

#220945 May 22-June 26
#220946 July 10-Aug 14

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Lake Johnson Park: Waterfront Program Center

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Stand-up Paddle Board Yoga

Ages: 16+ SUP Yoga courses will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Yoga and/or SUP experience required. Instructor: Angel Bailey. \$15

#219467	May 27	Su	8-9:15 AM
#219479	Jun 10	Su	8-9:15 AM
#219480	Jun 24	Su	8-9:15 AM
#219486	Jul 8	Su	8-9:15 AM
#219487	Jul 22	Su	8-9:15 AM
#219488	Aug 12	Su	8-9:15 AM
#219489	Aug 26	Su	8-9:15 AM

Stand-up Paddle Board Fitness

Ages: 16+ Incorporating yoga, Pilates, and paddling techniques participants will increase their strength, endurance, and flexibility through increasingly difficult exercises. Sign up for multiple classes to create a workout session suited to your schedule. Instructor: Alicia Hedges. \$15

#219344	May 5	Sa	8-9:30 AM
#219309	May 14	M	6:15-7:45 PM
#219314	May 21	M	6:15-7:45 PM
#219345	June 2	Sa	8-9:30 AM
#219315	June 4	M	6:15-7:45 PM
#219316	June 11	Sa	6:15-7:45 PM
#219317	June a18	M	6:15-7:45 PM
#219318	June 25	M	6:15-7:45 PM
#219319	July 2	M	6:15-7:45 PM
#219346	July 7	Sa	8-9:30 AM
#219320	July 9	M	6:15-7:45 PM
#219321	July 16	M	6:15-7:45 PM
#219322	July 23	M	6:15-7:45 PM
#219323	July 30	M	6:15-7:45 PM
#219347	Aug 4	Sa	8-9:30 AM
#219324	Aug 6	M	6:15-7:45 PM
#219325	Aug 13	M	6:15-7:45 PM
#219326	Aug 20	M	6:15-7:45 PM
#219327	Aug 27	M	6:15-7:45 PM

Sunrise Yogalates

Age: 16+ Combining the best of yoga and Pilates, you will leave feeling rejuvenated through breath work combined with core work and lengthening/stretching of the body. A mind-body session that improves agility, strength, and flexibility. You will feel more balanced and stand taller ready to take on your day! Advance registration is required for this program. Sign up for multiple classes to make a session suited to your schedule. Instructor: Alicia Hedges. \$10

#225289	Jun 14	Th	6:30 AM-7:15 AM
#225290	Jun 21	Th	6:30 AM-7:15 AM
#225291	Jun 28	Th	6:30 AM-7:15 AM
#225292	Jul 5	Th	6:30 AM-7:15 AM
#225293	Jul 12	Th	6:30 AM-7:15 AM
#225294	Jul 19	Th	6:30 AM-7:15 AM
#225295	Jul 26	Th	6:30 AM-7:15 AM
#225296	Aug 9	Th	6:45 AM-7:30 AM
#225297	Aug 16	Th	6:45 AM-7:30 AM

Sunrise Yoga

Age: 16+ Start off your day with yoga at Lake Johnson Park. This class will relax and unwind the body in preparation for a hard days work. This is an all levels course where pose modifications will be offered so you can choose to work at the level appropriate for you. Offered Tuesday mornings, sign up for multiple classes to create a yoga session suited to your schedule. Mats, blocks, and straps are provided. Instructor: Danielle Jones. \$10

Tuesdays 6:45 - 7:45 AM

#219819	May 1	#219839	Jun 26
#219820	May 8	#219840	Jul 3
#219832	May 15	#219841	Jul 10
#219833	May 22	#219842	Jul 17
#219834	May 29	#219843	Jul 24
#219835	Jun 5	#219844	Jul 31
#219837	Jun 12	#219845	Aug 7
#219838	Jun 19	#219846	Aug 14



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